



## Planning for My Wellbeing in the Year Ahead



Using the following planner, map out goals for your mental and physical health each month. Make sure the goals you set are realistic and achievable. For example, if you are wanting to eat more fruit and vegetables in January, your goal might be to bring one piece of fruit to school each day to eat with your lunch.

	Mental Health Goal		Physical Health Goal	
January		<input type="checkbox"/>		<input type="checkbox"/>
February		<input type="checkbox"/>		<input type="checkbox"/>
March		<input type="checkbox"/>		<input type="checkbox"/>
April		<input type="checkbox"/>		<input type="checkbox"/>
May		<input type="checkbox"/>		<input type="checkbox"/>
June		<input type="checkbox"/>		<input type="checkbox"/>